

A Note From Our Administrator



HAPPY HOLIDAYS!

Happy holidays to all our residents, families, staff, and visitors. Please help us keep you and everyone safe. We encourage residents and staff to take the flu shot, COVID-19 vaccination and boosters. We encourage residents to wear masks if going out and hand washing is very important.

Please welcome new leadership:

Francie Trotter-Myrick – Director of Nursing

Nicola Wiener – Social Service Director

Sincerely,
Sue Schlener

Administrator, Brookside Healthcare & Rehabilitation Center

Our Department Leaders

- **Sue Schlener**
Administrator
- **Francie Trotter-Myrick**
Director of Nursing
- **Keyuana Ware-Pittman**
Admissions Director
- **Monique Brown**
Human Resources
- **Sylvia O'Connell**
Business Office Manager
- **Phung Thi-Tien, DO**
Medical Director
- **Robin Ziegler**
Activities Director
- **Kathleen Belaong**
Director of Rehabilitation
- **Taylor Yoder**
Dietitian
- **Taja Foy**
Director of Food Services
- **Camilla Burke**
Central Supply
- **Don Williams**
Maintenance Director
- **Edith Rodriguez**
Director of Housekeeping
- **Nicola Wiener**
Social Services Director
- **Michelle Simmons & Michelle Kelly-Reinhart**
RNAC



Happy Holidays from Brookside!



Residents were filled with joy by a visit from Santa!



Santa with our NHA Sue and DON Francie

Resident Birthdays

- Margaret Baran · 1/1
- Carroll Lippincott · 1/2
- Margaret Carlin · 1/11
- Hazel Whittington · 1/15
- John Scott · 1/18
- Renee Harris · 1/21
- Norma Santora · 1/22
- Nicholas Paulaski · 1/25
- Lydia Hobson · 1/26
- Lorraine Mullen · 1/31

Staff Birthdays

- Ann Marie Walker · 1/10
- Laura Similien · 1/10
- Shaquita Fisher · 1/13
- Javitts Louis · 1/15
- Antoniette Joy Cataluna · 1/16
- Jamie Lohr · 1/22
- Michelle Summons · 1/23
- Kathleen Raymundo · 1/25
- Robin Ziegler · 1/31

January 2023 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy New Year 1 2023! 10:00 Positive Affirmations 11:00 Morning Merriness 1:00 Eagles vs Saints 2:00 Bible Fellowship <small>New Year's Day</small>	9:30 Positive Affirmations 10:30 Morning Stretch 11:00 What's New in 2023? 2:00 Bingo Rose Bowl, Citrus Bowl, and Outback Bowl	9:30 Positive Affirmations 10:30 Morning Stretch 11:00 Food Committee 2:00 Music with Jim	9:30 Positive Affirmations 10:30 Morning Stretch 11:00 Trivia 1:30 Rosary 2:00 Bingo 6:00 Bowling Night National Trivia Day	9:30 Positive Affirmations 10:30 Morning Stretch 11:00 January IQ 11:15 Communion 2:00 Penny Pitch "Celebrate the Past"	Epiphany Full Moon 6 9:30 Positive Affirmations 10:30 Morning Stretch 11:00 January Table Talk Tidbits 2:00 Pokeno	10:00 Positive Affirmations 11:00 Morning Merriness 2:00 Afternoon Baking *Eagles vs Giants
Happy Birthday, 8 Elvis! "The King" 10:00 Positive Affirmations 11:00 Morning Merriness 2:00 Hope Community	9:30 Positive Affirmations 10:30 Catholic Mass 11:00 How Many Words? 2:00 Bingo	9:30 Positive Affirmations 10:30 Morning Stretch 11:00 Feel It Out 2:00 Young At Heart Golden Globe Awards	9:30 Positive Affirmations 10:30 Morning Stretch 11:00 Is It Groovy in the 1960s? 1:30 Rosary 2:00 Bingo 6:00 Bowling Night	9:30 Positive Affirmations 10:30 Morning Stretch 11:00 U.S. Bingo 11:15 Chair Yoga 2:00 Noodle Hockey	Today is the first 13 Friday the 13th of 2023! 9:30 Positive Affirmations 10:30 Morning Stretch 11:00 New Beginnings Day 2:00 Pokeno	S'mores Saturday 14 10:00 Positive Affirmations 11:00 Morning Merriness 2:00 Wintertime Memories Day
World Snow Day 15 10:00 Positive Affirmations 11:00 Morning Merriness 2:00 Bible Fellowship *NFC Wild Game	9:30 Positive Affirmations 10:30 Morning Stretch 11:00 The Write Word Game: MLK Day Edition 2:00 I Have A Dream <small>Martin Luther King Jr. Day</small>	9:30 Positive Affirmations 10:30 Morning Stretch 11:00 Name 10 2:00 Bingo	9:30 Positive Affirmations 10:30 Morning Stretch 11:00 Chit Chat 1:30 Rosary 2:00 Bingo 6:00 Bowling Night	9:30 Positive Affirmations 10:30 Morning Stretch 11:00 Riddles 11:15 Communion 2:00 Winter Craft	9:30 Positive Affirmations 10:30 Morning Stretch 11:00 Name That Tune-Music from the 1950s 2:00 Pokeno	10:00 Positive Affirmations 11:00 Morning Merriness 2:00 Drink Hot Cocoa If...
10:00 Positive Affirmations 11:00 Morning Merriness 2:00 Trivia Tea Toss *NFC Divisional Home Game <small>Chinese New Year (Year of the Rabbit)</small>	9:30 Positive Affirmations 10:30 Morning Stretch 11:00 Winter Scattergories 2:00 Bingo 2:00 Book Mobile <small>Activity Professionals Day</small>	9:30 Positive Affirmations 10:30 Morning Stretch 11:00 Cranium Crunches 2:00 Chinese New Year	9:30 Positive Affirmations 10:30 Morning Stretch 11:00 You Tube Quizzes 1:30 Rosary 2:00 Bingo 6:00 Bowling Night	9:30 Positive Affirmations 10:30 Morning Stretch 11:00 Aboriginal Dot Paintings 11:15 Communion 2:00 Happy Hour & Movie <small>Australia Day (observed)</small>	9:30 Positive Affirmations 10:30 Morning Stretch 11:00 Name That 1950s TV Show 2:00 Pokeno	10:00 Positive Affirmations 11:00 Morning Merriness 2:00 Abstract Canvas Art
Happy Birthday 29 Oprah 10:00 Positive Affirmations 11:00 Morning Merriness 2:00 Bible Fellowship *NFC Championship	9:30 Positive Affirmations 10:30 Morning Stretch 11:00 FDR Day 2:00 Bingo	Inspire Your Heart 31 with Art Day 9:30 Positive Affirmations 10:30 Morning Stretch 11:00 Resident Council 2:00 Birthday Party & Music Memories with Bill & Michelle	<p>January 2023 "The time is always right to do what is right." ~ Dr. Martin Luther King Jr.</p>			





Resident of the Month: Nick Paulaski

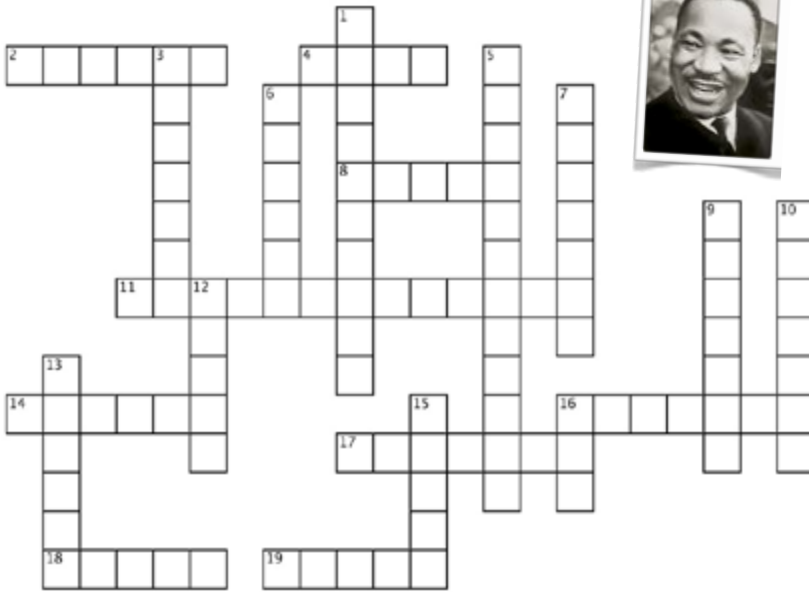
Nick was born in Trenton, NJ. He was in the Air Force for 4 years and then returned home to his parents in NJ. Nick is 3rd in a family of 6 children. He believed that family life and good food go together. Nick enjoys crabbing, fishing and camping.

Nick met his wife, Rosemary, in 1960. They then married in 1962 and lived in Philadelphia. Nick and Rosemary have had 60 wonderful years together. They have 4 children, Nick, Rose, Anne and Steve, 12 grandchildren and 4 great-grandchildren.

Nick worked at Elite Battery for 12 years, and then worked for Septa as a bus mechanic for 25 years and Ann's Choice in transportation for 6 years.

Nick enjoys Brookside because of activities and the friendships of the good people involved.

Martin Luther King Jr.



Martin Luther King Jr. (clues)

ACROSS

- King believed that individuals had the moral right and responsibility to disobey ___ laws
- ___ Parks refused to give up her bus seat to a white person.
- In 1959, King went to this country to study the ideas of the person mentioned in number 14.
- The Civil Rights act of 1964 authorized the United States government to enforce ___ of public accommodations.
- Mahatma ___ was someone who practiced nonviolent resistance to bring about change.
- The Montgomery Improvement Association asked King to lead a ___ of the segregated city buses.
- King paid special attention to the writings of Henry David ___.
- The national ___ focused much attention on the nonviolent methods of protest.
- The 200,000 people who came to Washington D.C. to hear King's speech helped pressure Washington to pass the ___ Rights Act.

DOWN

- Despite having his house bombed, King remained ___.
- In 1956, the United States ___ Court ruled that segregation on public buses was not legal.
- King's life came to an end when he was ___ in 1968.
- The ___ Rights Act of 1964 made it illegal to require people to know how to read before they could register to vote.
- In 1963, hundreds of ___ children marched along with King in downtown Birmingham.
- King once wrote, "___ is never voluntarily given by the oppressor, it must be demanded by the oppressed."
- This word means the condition of not having enough money for food, clothing, and housing. In 1966, King began to pay more attention to blacks living in this condition.
- King led many of these. (hyphenated word)
- When King was only 6, he experienced this when he wasn't allowed to play with his white friends.
- In 1965, King won the ___ Peace Prize.
- King's memoir *Stride Toward Freedom* focused on the ___ boycott.

Bright, bold, and beautiful
Depict fireworks at New Year,
And if you're born in January,
They also describe you, dear.

To you, we raise a glass
To happiness and health,
And also to Kate Middleton,
Of the British Commonwealth.

Yes, she was born in January,
As well as Donna Reed.
Give Andy Rooney 60 minutes—
He'll get you up to speed.

Let's toast to those who make us laugh
And fill us with delight:
W. C. Fields and Benny Hill,
Along with Betty White.

Bob Denver was TV's "Gilligan,"
Shari Lewis had Lamb Chop,
Telley Savalas played "Kojak,"
Who really liked his lollipop.

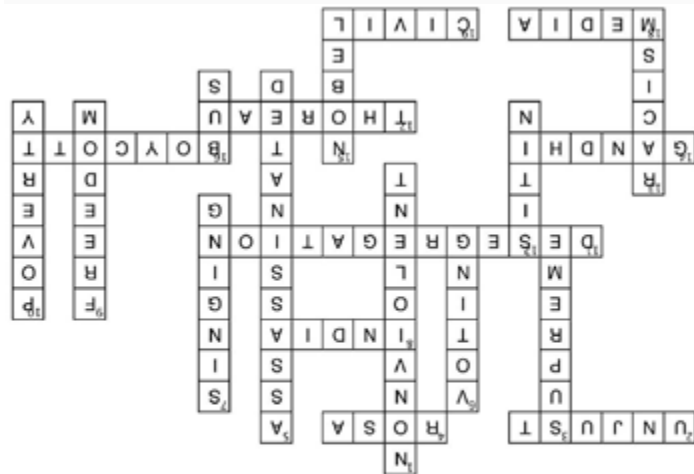
We applaud the children's authors,
Like A. A. Milne who wrote of Pooh,
And Lewis Carroll's Alice,
Who took us on adventures, too.

Last, we pay a tribute to
Dr. Martin Luther King,
Who spoke up so that one day
All voices could take wing.

Happy, happy birthday!
Let's start the new year right,
For a January birthday
Is always a delight.

January Birthday Poem

A Toast to
January Birthdays



(solution)

Martin Luther King, Jr.



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BrooksideHealthcare.com

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